



TIME LOG

USE THIS LOG TO SEE HOW MUCH TIME YOU ARE SPENDING ON DIFFERENT ACTIVITIES.

DAY: DATE:

SLEEP Times & duration	HOUSEHOLD TASKS Meals/Cleaning/Washing etc Duration	SOCIAL MEDIA What, Where, Duration	LEISURE TIME Type & duration
<p>The time you went to bed and the time you woke up.</p>	<p>Log every household task and how many minutes it took.</p>	<p>This is hard, but try to log it!</p>	<p>TV, sport, social time etc</p>

